



LA FRONTERA CENTER, INC.

Bounce Back Groups

(Previously known as "DCS Grief & Loss groups")

What will children and adolescents learn in the Bounce Back groups?

We will be covering many different topics in the groups, including:

- Common reactions to trauma
- Relaxation strategies
- Dealing with grief and loss due to parent-child separations
- Taking control over your unhelpful thoughts
- Healthy emotion expression
- Helpful thinking
- Telling trauma story in a safe environment
- Learning how to problem-solve
- Overview of DCS system

Who is eligible for this group? Children involved with DCS who have been exposed to at least one traumatic event. **Note:** Each child will be screened to determine if they are appropriate for the group.

How many weeks does the group last? The group will last approximately 12 weeks.

When/Where are the groups offered?

- Children 5-7 years old: Tuesdays from 4-5pm, at LFC's Child & Family Center
- Children 8-10 years old: Tuesdays from 4-5pm, at LFC's Main Clinic & Grant Clinic
- Adolescents 11-14 years old: Mondays from 4-5pm at LFC's Main Clinic

Referrals should be submitted to each child's RC and to me. There is limited capacity for how many child and adolescent referrals we can take. Please contact **Dr. Kathy Sanchez** (katherine.sanchez@lafrontera.org), (520) 838-3895, for any questions regarding the groups.

Children who are enrolled in another agency can attend our groups at La Frontera.

Please contact Marcie Carrillo, Clinical Coordinator-Specialty Provider Liaison (mcarrillo@lafrontera.org, 520-838-3819) for more information about how to submit a referral for a child not enrolled at La Frontera.